

## Learning Self-Analysis

After graduating from associates degrees in nursing from Nepal in 2010, I was reluctant to pursue BSN. I could see BSN graduates having a hard time finding a job and even if they find one, most of them didn't align with their qualification or interests. I found bedside nursing fascinating and challenging that kept me through four years. However, I had already started feeling tired of doing the same thing every day and did not see myself growing professionally. Sad but true, I felt that Associates Degree in Nursing prepared me to take care of patients efficiently, but not taught me how to take care of myself as a professional. So, in Spring of 2015, I made a decision to fly to New York City and pursue BSN.

Having been in BSN program for a while, I can visualize the doors BSN degree will open for me in future. The courses I have taken, especially Professional Nursing Practice (Nur4130) has opened my eyes to a bigger picture of a nursing world. I realize how unprepared and unknown I was of the greater portion of the nursing profession. Apart from formal education, I have gained competencies needed in an executive level including communication, relationship management, leadership, business skills and principles, knowledge of a healthcare environment and professionalism. I have been able to develop skills in implementing evidence-based practices, balancing between efficacy and reliability, creating and sustaining trust and actively managing change process through communication, training, feedback, sustained effort and attention, and creating a learning and growing environment for all which was impossible without continuing education. I'm sure the knowledge I have gained through this course on continuing education, conflict and violence resolution, various nursing organizations and advocacy platform would not only help me take care of myself but also thrive in the nursing world. I would like to carry these

experiences with me to facilitate and encourage personal and professional development of other nursing staffs and students in the future.